Dialectical Behavior Therapy Diary Card Name:														ften Did You Fill Out? Daily2-3× 4-6xOnce			Last Day Filled Out: Month Year Day			
Circle Start	Highest Ratir Highest Urge To: for Each Da									Drugs/Medications				Actions		s	Emotions		Optional	
Day Day of	Commit Suicíde	Self- Harm	Use Drugs	Emotion Misery	Physical Misery	Joy	Alcohol		Illegal Drugs		Meds. as Prescribed	p.r.n./Over- the-Counter Meds.		Self- Harm	Lied	Used Skills*				
week	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What?	Y/N	#	What?	Y/N	#	0-7	<u> </u>	-		
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Med. Change This Week Homework Assigned and Results This Week: -									**Used Skills 0 = Not thought about or used 5 = Tried, could use them, helped 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them 7 = Automatically used them, 4 = Tried, could do them but they didn't help											
									Urges to:			Coming into Session (0-5)		Belief I Can Change Regulate My:			c or Coming into Session (0-5)			
									Quit Therapy						Emotions					
										Use Drugs					Actions					
									Commit Suicide			i		Thoug	ghts					

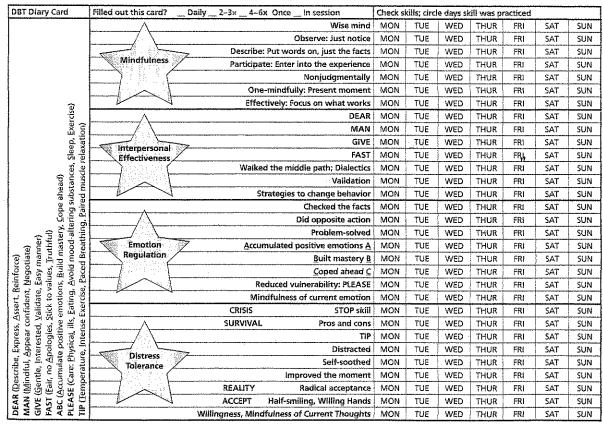


FIGURE 4.1. Front (top) and back (bottom) of a DBT diary card. The entire back half of the card is used in skills training sessions; the front half is used in individual therapy except for the "Used Skills" column, which is also employed in skills training. Should be printed on 4" × 6" card stock (front and back).